### LASTING FREEDOM

MODULE H: Recover Holiday Freedom

action sheet



# H3: Planning for Peace Be \_\_\_\_\_\_, not \_\_\_\_\_. Reject the \_\_\_\_\_ of the perfect holiday. Know and honor your \_\_\_\_\_.



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## Activity Sheet: Complete the "Aware vs. Automatic" worksheet and share with a

trusted friend.

"to do" this week:

Journal Prompt: What is one "and" statement you will walk into Christmas day with? (i.e. "I'm excited to see family AND I'm anxious about it.")

### Notes:

### this week's Word:

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

### - John 14:27 (NIV)

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# aware vs. automatic

Debrief last week and look ahead to continuing to plan for peace this holiday. If using this in a group setting, please complete BEFORE your next meeting.



Holiday Event Debrief: A window into how I nav	vigated this past week, and what I learned about myself
The Best part was	
The Worst part was	
One thing I learned:	
AUTOMATIC (What I've always done)	AWARE (What I really want)
FOOD:	FOOD:
GIFTS:	GIFTS:
SOCIAL EVENTS:	SOCIAL EVENTS:
DECORATING:	DECORATING:
Balancing Expectations (write one "and" states have the opportunity to make new traditions," or "Holiday for	
and	

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

John 14:27 (NIV)



"And those who are peacemakers will plant seeds of peace and reap a harvest of righteousness."

**James 3:18 (NLT)** 



"It is God who arms me with strength, and makes my way perfect."

Psalm 18:32 (NKJV)



"Look at those who are honest and good, for a wonderful future awaits those who love peace."

Psalm 37:37 (NLT)



"For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline."

2 Timothy 1:7 (ESV)



"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it."

Hebrews 12:11 (NIV)



"Mercy, peace and love be yours in abundance."

Jude 1:2 (NIV)



### TRANSLATION KEY

NIV—New International Version

NLT—New Living Translation

NKJV—New King James Version

ESV—English Standard Version

### **HOW TO USE THESE CARDS**

Print onto cardstock and trim on dotted lines. Tuck into your Bible, journal, or stick on your mirror, refrigerator, or anywhere you need a reminder of what is TRUE.

They're also great for sharing...

